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LOOK

Cheryl

On Married
Life And
Her Baby
Plans

TANTOURING
Plus 14 More
New Beauty
Trends We're
Obsessed With!



Get Your Coat!

*The Best On
The High Street*



The 6 Pieces Fashion Eds Really Want!

**MICHELLE
KEEGAN
EXCLUSIVE:**
*'We Hit
A Bump
After Our
Honeymoon'*





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THE KA MADE ME DO IT



Go Further



Editor, Ali Hall
Tweet me @MissAliHall

LOOK Which Coat Tribe Will You Join?

Get your coat! No, seriously – if there's one purchase that warrants splashing some serious cash, it's the all-important new coat. Our edit (page 72) has the new high-street trends you need to know about – pick your fave, and enjoy! I'd love to hear what you think of the new issue – tweet @MissAliHall.

14 September 2015

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Stay in touch...





paco rabanne

The new fragrance for her

OLYMPÉA



RIVER ISLAND

#IMWEARINGRI   



I'M LOVING...

Check out my top buys of the week and let me know what's caught your eye on Twitter, @MissAliHall

Monsoon's Paisley Pieces

The 70s is the trend that just keeps on giving – from suede and platforms to Monsoon's current crush, paisley. The swirly print is on every key style this season, including flared trousers, frocks and blouses. As Monsoon's campaign shows, it's the perfect partner for denim – I'll be wearing the blouses with my button-down midi and indigo flares. I do love a good fashion comeback.



Shirt, £49
Trousers, £55
Necklace, £8
all **Monsoon**

Blouse, £49
Skirt, £49
Bag, £59
Bangle, £15
all **Monsoon**



H&M Cashmere
Haze Body Wash
£2.99



H&M
Eyeshadow
in Peacock
£4.99

H&M's Big Beauty Collection

I'm usually first to fall in love with H&M's designer fashion collaborations, and the brand's all-new beauty collection is just as covetable. Landing on 10 September in time for autumn, the relaunched range includes make-up, haircare, bodycare and beauty tool essentials, all in super-chic packaging.

Best of all, we've got a full set of the whole range, worth £260, to give away to one lucky reader.

To enter our exclusive competition, head to Look.co.uk/competitions.



H&M Velvet
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Enchanté
£6.99



H&M Beachy
Keen Salt
Water Cream
£6.99



H&M Eye
Palette
£9.99

Sweater, £35
Culottes, £38
Boots, £75
Stole, £28
all **River Island**



River Island's Luxe Minimalism

Stripped back doesn't have to be boring, as River Island prove with this dreamy drop. Tailoring mixes with offbeat textures like faux fur to create a cool clash. The grey jumpsuit is set to be my new work-to-weekend power player, and the boot collection is seriously on the money – I'm all about this rust pair.



Boots
£85

Jumpsuit
£55

Sweater, £45
Skirt, £35
Boots, £70
all **River Island**



My New Designer Discovery

The brainchild of two former ASOS buyers, Henrietta Rix and Orlagh McCloskey, Rixo London is the latest luxury brand you need to know about. I'm obsessed with the glamorous dresses, especially the midnight maxi with its delicate organza overlay. The print on the 70s midi was hand-painted on the girls' kitchen table, before being transferred onto the beautiful fabric, and the decade provides major inspo for the duo. Make it your new occasionwear go-to and expect big things... Shop now at Rixo.co.uk.



Rixo London
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*Visible flakes seen at 2ft with regular use.



When it comes to her hair, **Sofia Vergara** doesn't compromise and neither should you. Get up to **100% flake-free*** and **model-beautiful hair** with Head & Shoulders Smooth & Silky Shampoo and Conditioner.



Ri-Ri Does The Decades

One decade isn't enough for Rihanna, who nailed both the 70s and 80s in two days



Slinky 70s in
Dries Van Noten



All-out 80s in
Vivienne Westwood

Fashion is all about looking back right now, and the 70s and 80s are enjoying a mega revival. It'll come as no surprise that Rihanna has got them both totally down. For her stylist's wedding in New York, Ri-Ri rocked a 70s-inspired, floral Dries Van Noten wrap dress with disco heels, before emerging the next day in the ultimate homage to Whitney Houston – a puff-sleeved, bubblegum-pink Vivienne Westwood mini and matching courts. Both were accessorised by Whitney-esque curls. What's next, Rihanna – the 60s mod?



Tap For More

Check out Rihanna's incredible style story at Look.co.uk/rihanna



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COVER STORY

Cheryl

On Married Life & Baby Plans

With a year of marriage to her second
hubby under her belt, has Cheryl
finally found true happiness?





“ Cheryl
and Jean-
Bernard really
appreciate
each other's
independence ”

Smiling at the crowd, Cheryl has never looked happier. And why shouldn't she? The singer is still *totally* loved-up with husband of a year, Jean-Bernard Fernandez-Versini, 35, and she's back in her *XFactor* post with more control and the groups category – which she's pretty chuffed about.

While some suggested that Cheryl's no-show at Jean-Bernard's recent 35th birthday celebrations meant trouble, they couldn't have been more wrong. She was actually reported to have joined him for an intimate dinner in London with her mother before he went on to enjoy a boys' night out with Justin Scott, the fiancé of Cheryl's former Girls Aloud bandmate, Kimberley Walsh. Instead, Cheryl stayed in to watch the *XFactor* launch, live-tweeting throughout the show.

'She encouraged him to go out with the lads,' a source says. 'She's happy to give him his guy time, so they can celebrate his birthday properly when she's not stressed out with her work commitments. They appreciate each other's independence.'

Cheryl definitely seems more confident on *The XFactor* this year. She's been enjoying more creative freedom on the show, reportedly with an executive producer credit, after four seasons working as a judge.

'This year, Simon wanted me more involved in the decision making,' she said. 'I love nurturing talent. It's what I want to do with my future.'

But the *IDon't Care* singer knows that to be at her best, she has to take it easy, which is why she's focusing on her work/life balance. 'Cheryl knows now after years of experience that she must rest as much as possible at this stage of the show,' an insider says. 'She gets so passionate about the live shows and has told Jean-Bernard she's going to take it easy in between her hectic schedule – and she's vowed to see him as much as possible during the next four months.'

It's been 18 months since Cheryl first caught the Frenchman's eye in a chance meeting before they married in July 2014. And while we've seen snaps of Cheryl looking loved-up all over her Instagram account, recently it's rumours about their family plans that have got tongues wagging. ➔



See More Online

Cheryl's fashion file is *hot*. Tap to see it at Look.co.uk/cheryl



Jean-Bernard hit the town with Kimberley Walsh's fiancé Justin for his birthday

But while many have speculated whether the singer and her husband are planning for children, she's admitted it's not in their immediate future – as the next stage of Cheryl's career is about to go into overdrive.

'I have 12 nieces and nephews, and I love them to bits, but it's exhausting!' Cheryl said in an interview last month. 'Any aunt knows that one of the best things is that... you can hand them back to their parents! I'm enjoying life as an aunt – that's not changing any time soon.'

'I think they have both discussed children,' a source tells us. 'But they're happy as they are, despite being continuously hounded by rumours.'

Only last August, Cheryl quashed suggestions she was thinking about motherhood in the near future. 'Children are not in my plans,' she said. 'I went through a real phase recently of like, maybe it's not for me. If it happens, it happens. But who knows? We'll see.'

Cheryl shocked everyone when she married Jean-Bernard in secret after a whirlwind three-month romance. The pair reportedly tied the knot on the private island of Mustique in front of four witnesses, including Cheryl's mum Joan and brother Garry.

'You hear so many stories, don't you? People who have known each other two weeks and they're together for 75 years, people who have been together six months and break up,' Cheryl said, after speculation she rushed into it too quickly. 'There's no right or wrong.'

But Cheryl's constant snaps of the pair on numerous romantic getaways,

Why Jean-Bernard Is The Best Husband Ever...

The French have long been considered the most romantic men like, ever. And Jean-Bernard's no exception

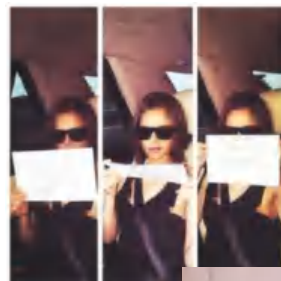
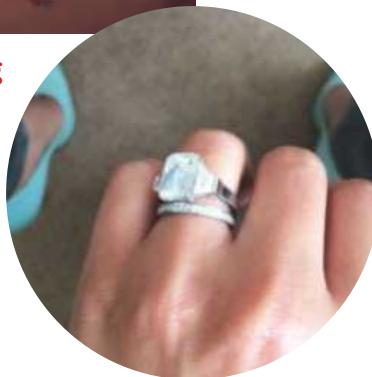


◀ Birthday Treats

For Cheryl's birthday last year, Jean-Bernard sent her 310 red roses. And if that's not enough, she also got a huge red velvet birthday cake.

▶ The Wedding

The pair wed in a secret ceremony in July last year, after a whirlwind three months of dating. They reportedly kept it intimate, with just four witnesses, and a whopper of a diamond ring.

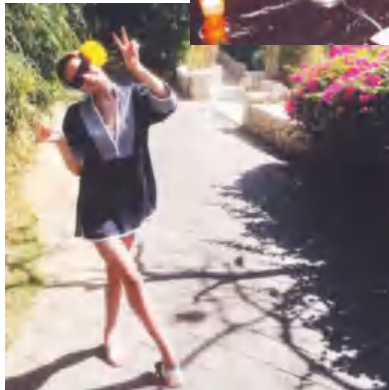
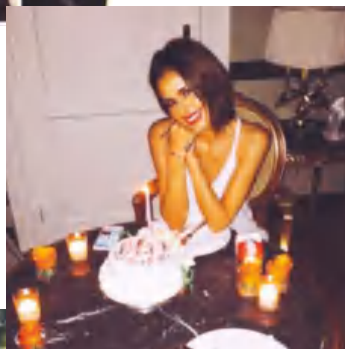


◀ Treasure Hunts

Mr F-V knows how to keep the mystery alive. For her 32nd birthday in June, Cheryl posted photos of a treasure hunt her hubby arranged as he whisked her away to a surprise location.

▶ Romantic Meals

J-B ended the treasure hunt in Italy, surprising his wife with a romantic candlelit dinner for two.



◀ Holiday Fever

J-B reportedly took his wife on a well-deserved break to Bali last month. She shared this snap with fans, writing '#bali'. Jealous much?

seen by her 1.6 million Instagram followers, shows the honeymoon period is far from over. For Jean-Bernard's 34th birthday last August, he joined her on a work trip to Malaga, where she shot her music video for *I Don't Care*, before they jetted home in time for the launch of the 2014 series of *The X Factor*. And for Cheryl's 32nd birthday this June, he pulled out all the stops (again), surprising his wife with a cryptic treasure hunt that ended up being a romantic meal and holiday in Italy.

However, despite revealing that she feels her 'most confident' now, this year's not been without its knocks. In August, Cheryl suffered a backlash for her new slimmer appearance, when an Instagram user called her a 'bag of bones' after she was pictured on holiday in

Recently, she's been so sick of everyone criticising her weight loss

Lake Como. Cheryl later took to social media to open up about her grief after losing her father-in-law, which may have had an impact on her weight.

'I am very happy and healthy. Every woman has a different body type, and handles stress and grief differently,' she said. 'This body-shaming has to stop.'

After the frenzy, she has been working the red carpet looking more body confident than ever – rocking a series of retro looks. 'She's been so sick of everyone criticising her for her weight loss,' a pal tells us. 'But she's just ignoring it and focusing on spending time with friends and family.'

And Jean-Bernard's in for a treat soon. 'When *The X Factor* is finished, she's promised him a trip to Hawaii,' a source says. 'Family means everything to Cheryl,' another source adds. 'She and Jean-Bernard are also planning a pre-Christmas visit to her nieces and nephews in Newcastle.'

'Cheryl is making the most of being a doting auntie,' they add. 'They would love their own kids one day, just not now – they're not in any rush.'

WORDS: EMMA FIRTH PHOTOS: SPLASHNEWS.COM, XPOSUREPHOTOS.COM

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Every fashion ed worth their Manolos has bookmark

1 The 70s Dress ◀

The latest instalment of M&S's Best of British collection lands on 17 September, and this is the dress everyone is talking about. The on-point neck tie nails the 70s vibe, but the watercolour florals and midi length make for a timeless buy.



Warehouse
£350

Turn to
page 72
for our Big
Coat Edit!

2 The Ultimate Investment Coat

Warehouse is upping its game with its Premium line, and this Mongolian collar coat (on sale 17 September) was the most instagrammed piece from the preview show. Spenny, yes, but it is real suede and with only a limited number on offer, not everyone else will have it.



4 The Could-Be- Designer Shoes

No, not Manolo Blahnik, but Next! These jewelled slingbacks would look right at home in Olivia Palermo's wardrobe, and come in sparkly silver as well as this chic navy version. They're in store and online now, and cost less than £30. Why are you still reading? Hurry!



in This Week To Shop Now

ed these beauties – we're giving you a head start

3 The Show- Stopping Knit

When a high-street collection is good enough to have its own celeb-studded show at Paris Fashion Week, you know it's one to add to your wardrobe. This H&M Studio 'It' jumper hits stores on 10 September.

Jumper, £119.99
Trousers, £49.99
Hat, £49.99, all
H&M Studio

WORDS: GEMMA YATES

Next
£28



5 The Fash Ed- Approved Skirt

If you needed any more convincing that Boden has well and truly shed its yummy mummy tag, look no further than the new Icons collection. The limited-edition line is packed full of new-season must-haves, but it's the 'Brigadier' skirt that's had the whole industry weak at the knees. Set to storm many a FROW at London Fashion Week. Get it from 22 September.



Boden
£149

6 The Killer Collection ▶

We love a designer/high-street hook-up, and design legend Bruce Oldfield for John Lewis is the one to know. Our insiders at JL tell us there is already a waiting list for this stunning skirt, which lands on 26 September. That's your winter wedding guest outfit sorted, then.



Sweater, £79
Top, £59
Skirt, £150
all **Bruce Oldfield**
for John Lewis
Bag, stylist's own



'If You Don't Want To Entice A Rapist, Don't Wear High Heels'

The Female Rock Star Sparking Outrage

Chrissie Hynde caused controversy with this comment. Here, writer and rape victim Daisy Buchanan, 33, explains why it's never, ever the victim's fault...

When I read that Chrissie Hynde had been sexually assaulted aged 21 and took 'full responsibility' for it, I was deeply saddened, but not surprised.

In a *Sunday Times* interview, Chrissie argued: "If you play with fire, you get burnt," which she followed up with: "If I'm walking around in my underwear and I'm drunk? Who else's fault can it be?"

Chrissie, 63, tried to justify her meaning by saying being "lairy and provocative" would be like "enticing someone who's already unhinged".

For me, those were harsh words. I was raped in my late teens, and I know what it's like to constantly question yourself. How could that have happened to me? Did it really happen? Surely I could have avoided it? Was it really rape, when

I knew the person? Now I know that it was, and I couldn't have avoided it. But it's taken me over a decade to stop blaming myself for what happened.

"You know, if you don't want to entice a rapist, don't wear high heels so you can't run from him," Chrissie also added. For this she's been accused of victim blaming, but while I don't necessarily think this is the case, my feelings about rape are clear – rape is only ever the fault of the rapist, regardless of where the victim is or what they're wearing. I despair that this point still has to be made.

My attack didn't happen down a dark alleyway, but in somebody's spare room in broad daylight. I don't think he really considered what he was doing – he just believed, in the moment, that his desires were more important than mine. I doubt he was thinking about raping me before it happened, because he wasn't thinking about me at all.

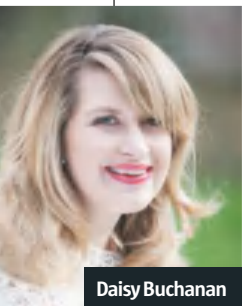
Chrissie's also highlighting the idea that rapists are strangers who their victims can "run away from". Before, I believed the same, that their bad

There's a myth that it's possible to avoid attack, and Hynde echoes this message

intentions would be written all over their face. I thought I was in the most danger when I was alone at night, or on a badly lit street. But according to statistics from charity Rape Crisis, in 90 per cent of rape cases the offence is committed by someone the victim knows.

But at the end of the day, those who think Chrissie is victim blaming are missing the point. She's self-blaming, something victims do all the time – part of the reason why most never report their assault.

If you've been through what I have, or something similar, please don't listen to her. As women, we're constantly being told that it's our responsibility to stay safe and protect ourselves from danger. There's a myth that it's possible to avoid attack by not going to particular places or behaving a certain way, and Hynde echoes this message. If anything is going to change, we have to stop talking about how not to get raped and start asking why rape happens.'



Daisy Buchanan

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► Shore Projects

Inspired by the fun of the British seaside, Shore Projects is the creation of a group of pals who never wore watches, so decided to make their own. You can custom-make yours as well, choosing from leather, mesh and silicone straps, while picking a watch face named after a seaside town – cute! Cool colours will liven up any ensemble, too.



Shoreprojects.com
£125



Shoreprojects.com
£115

The Insta 'It' Watches Your Wrist Needs

Because a knockout timepiece is vital to any accessory arsenal, we've rounded up the coolest brands storming Instagram

▼ House Of Florrie

Pretty, feminine and dainty, House Of Florrie watches are inspired by 'yesteryear', and the designers often get their ideas from vintage markets. With a pocket-watch vibe about them, the straps on these delicate beauties feature beautiful hand-drawn prints and sugary, pastel shades, as well as more classic offerings, too.

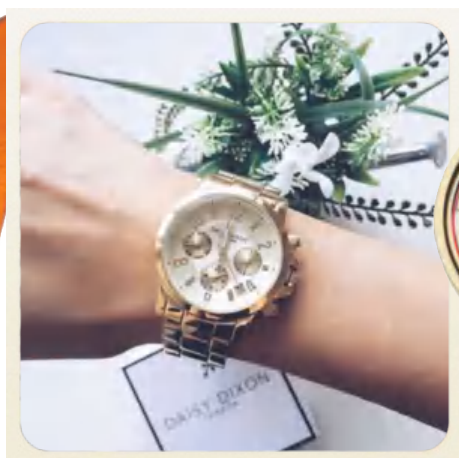


Houseofflorrie.com
£105



Houseofflorrie.com
£95

Daisy-dixon.com
£50



Daisy-dixon.com
£40

▲ Daisy Dixon

With bold, large faces, bright colours and chunky Rolex-inspired designs, Daisy Dixon delivers fun timepieces that are super on trend and will bring expensive-looking bling to your jewellery box. It's no wonder ASOS has snapped them up!





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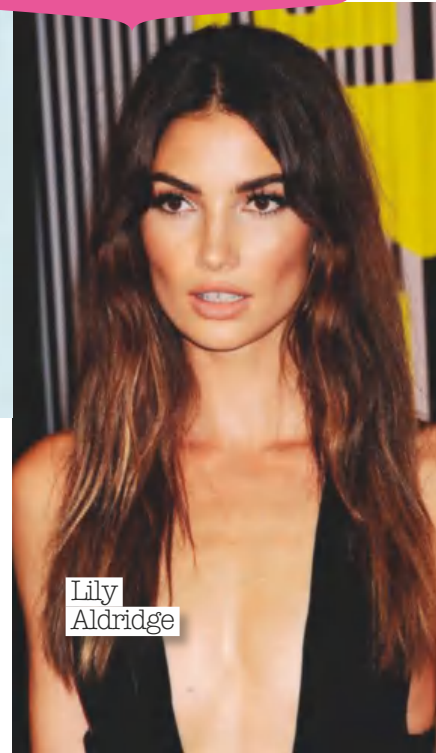
Emily Ratajkowski



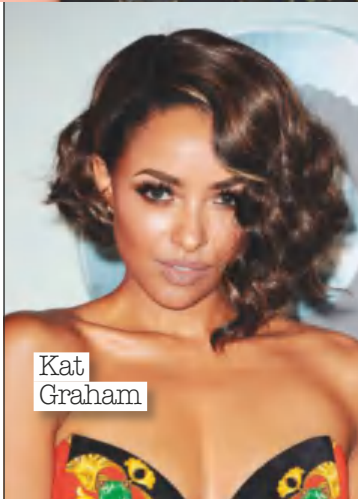
Gigi Hadid



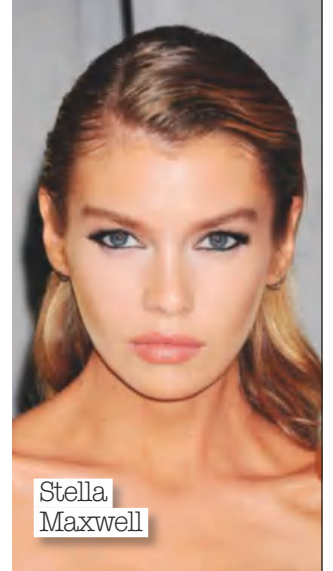
Chrissy Teigen



Lily Aldridge



Kat Graham



Stella Maxwell

Tantouring: The A-List Make-Up Secret We're Stealing

Contouring that lasts for days? Let us introduce our new fave face trick

Yep, we're now officially obsessed with tantouring. Marissa Carter, founder of fake tan brand Cocoa Brown, coined the term after revealing she'd swapped contouring powders for self-tan. By making the switch, her defined, Kardashian-worthy angles stayed perfect for days instead of just hours. Lazy girls, this one's for you, as you'll only need to tantour once a week before the effect fades – just think of all that extra time you can spend in bed each morning.

WORDS: VICTORIA JOWETT PHOTOS: REX FEATURES FOR STOCKISTS GO TO LOOK.CO.UK/STOCKISTS

Tantouring 101

Look's Beauty Assistant, Gabrielle Dyer, gives us a masterclass...



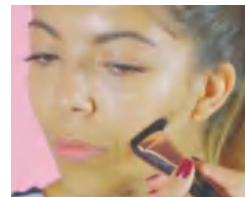
1 Apply a gradual tan, such as **Cocoa Brown By Marissa Carter Gentle Bronze Gradual Tan, £6.99**. This gives a natural glow and acts as a base.



2 Spray a blob of fake tan, like **St Tropez Self Tan Express Advanced Bronzing Mousse, £33**, onto a mitt. Mousse is best, as it's less likely to clog your pores.



3 Using a flat brush with synthetic bristles – I like **Real Techniques Flat Contour Brush, £22** – apply the mousse into the hollows of cheeks and under your cheekbones.



4 Blend with a buffing brush, like **Zoeva Silk Finish Brush, £11**, to ensure a natural, contoured finish. Once you're happy, wash with a gentle cleanser.



Tap To Play Our Video

Let Look's Gaby show you how to get killer cheekbones – just tap to play our video at Look.co.uk/tantouring



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Superdrug 

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LOOK Debate

Is Showing Emotion At Work The Key To Getting Ahead?

Yep, research claims an 'emotion promotion' can be yours but is it really a good idea to let it all out?

'Somebody ate my sandwich. My. Sandwich!'

Yes, It Shows People You're Passionate



argues journalist Caroline Corcoran, 32, from London

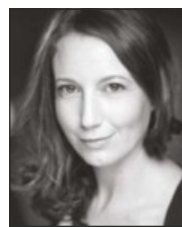
'There is one type of colleague who I am always suspicious of and that's Robo-Colleague. You know the one: their real life is a mystery and, in four years, they've never arrived sweating at 9.48am with Marmite on their top and white-wine panic eyes. Because, while no one

wants a colleague who weeps every time they get an email without a kiss, the other end of the spectrum is just as concerning for me.

I've been in charge of teams and I've seen colleagues get bad news in the office, have breakdowns after particularly tough meetings and sob loudly onto their keyboards. I'd never judge them for it. We spend a third of our lives at work – it *can't* be a separate world where we switch ourselves off.

At-desk humanity in all its forms is inevitable. It's also often how you bond and how you reveal where your passions lie, and I refute point-blank that the occasional tear is mutually exclusive to professionalism. Got Marmite on your top? I'm giving you a pay rise.'

No, You Will Never Regain Your Power



says writer and actress Natalie Blenford, 35, from London

'I have cried at work *a lot*. On one occasion, I wept hysterically to my editor the morning after my birthday party had ended disastrously and I simply couldn't cope. She was really kind, comforted me and made tea. But days later, when *everyone* kept asking (with a

pitiful glint in their eyes) if I was OK, 'error' flashed in my mind. You never regain your power base once everyone's seen you in floods of tears, especially if you're in a position of responsibility. You can't lead a meeting when everyone has seen you in bits the day before.

Private crying doesn't mean you're suppressing emotions – there are other ways to let people know you're upset. If the problem is work-related, try emailing a colleague to calmly ask for help. And if you're dealing with a personal issue, tell everyone what's going on so they can be supportive. You might think it's good to let it all out, but trust me: too many tears on work time leads gossipy workmates to dismiss you as a person with 'issues', which won't help you get anywhere.'



Cool Monochrome

Monochrome makes for a super-wearable option. Team with a long-line shirt and add a leather jacket and biker boots for extra edge



Utility Print Mix



High-Shine Chic

Pull On Your *Power Leggings*

No longer just for the treadmill, the fash pack are working these sporty bottoms with their wardrobe staples for a new take on smart/casual

There's a major style movement afoot on the streets right now, and it's set to transform your off-duty look. We're talking about the power legging, which is currently replacing skinny jeans as the fashionista's laid-back 'It' buy of choice.

Like trainers before them, it used to be that you'd only spot a pair of power leggings in your spin class, but now fitness and fashion fans alike are making them an everyday must-have.

So what exactly are they? Well, there's no basic black cotton here for a start. Power leggings are punchy, printed and bold.

They're made from soft, stretchy but firm Lycra – the firmer the better for leg-sculpting potential – and should be worn exactly as you would your skinny jeans. Slogan tees, leather bikers, chunky knits and oversized shirts... there's not a lot you can't wear them with. All-out sporty is always a no-brainer, but fierce ankle boots, chic jackets and luxe arm candy are easy ways to add polish.

Obviously, the likes of Nike and Stella Sport have power leggings nailed – check out the leopard pair – but H&M also have some cool numbers, too. Shopping, brunch, weekend walks, the gym – trust us, you won't want to take these off.



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Love Lives

In our dreams, all our nights out with Jen end up with us dancing on a piano

Cheeky booty slap, Amy!

Just dancing on Billy Joel's piano in Chicago. No biggie



Jen & Amy

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BFF Love-In!

Jennifer Lawrence & Amy Schumer

Too cute! Jennifer, 25, and Amy, 34, confirmed their blossoming friendship by having, well, the best time ever. The actress and comedian danced on top of Billy Joel's piano (really) to *Uptown Girl* during one of his sold-out concerts last week. At one point Jen even kissed Amy's feet. The new besties have long shown admiration for each other with J-Law writing to Amy after seeing *Trainwreck*. Amy then invited Jen to a party in the Hamptons where they posed on a boat with Amy's school friends. They've even started writing a film together, where they plan to play sisters. We cannot wait.

New Baby Alert!

**Lucy Liu
& Rockwell
Lloyd Liu**

She's usually fiercely private about her personal life, but Lucy, 46, has revealed that she had had a little boy via a surrogate. Lucy posted this pic on Instagram of her cuddling her newborn son, Rockwell Lloyd. The *Elementary* star captioned the candid shot: 'Rockwell and I so appreciate all your warm wishes.' Too cute. We could not be happier for the first-time mum.

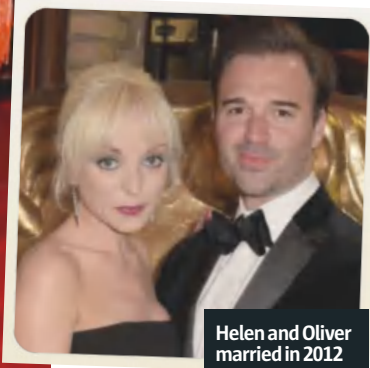


And the word you're looking for is 'serene'

Strictly Single

**Helen George
& Oliver Boot**

Strictly star Helen, 31, recently announced she's split from her husband, fellow actor Oliver, 'a while ago'. Although at least the *Call The Midwife* actress has broken the 'Strictly Curse' as she's only just started training. The show (and sequins) must go on!



Helen and Oliver married in 2012



Yep, we'd say these two are pretty chuffed

She Said Yes!

**Emmy Rossum
& Sam Esmail**

The stunning star of the US *Shameless* has just announced her engagement to her filmmaker and actor boyfriend, Sam. Emmy, 28, has been quietly dating the 37-year-old after they met on the set of sci-fi romance *Comet* two years ago. Congratulations, guys!

Cumberbaby Named!

**Benedict Cumberbatch
& Sophie Hunter**

After months of speculation, Benedict, 39, has finally confirmed the name of his baby boy. The *Hamlet* actor and his wife of eight months, Sophie, 37, named their first born... Christopher Carlton. It's in keeping with tradition as Carlton is both Benedict and his father's middle name.



You kept us waiting, you Cumber-teases!

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What's Rocking The NYC FROW?

As New York Fashion Week kicks off, these stylistas show us their fave looks.
Upload your pics at Look.co.uk/street-style



Sporty Brights

'Since I'm always on the go, flat comfy shoes, like these retro sneakers, are a must-have. I've noticed in recent seasons that more and more show-goers are dressing down – that means no more sky-high stilettos, ladies.'

Natalie, Natalieoffduty.com



Tassel Time

'NYFW is the week to be seen, so put on your best outfit and ensure your make-up is on point... you never know who might snap a street-style pic. A graphic sweatshirt and a fun, fringed skirt creates a simple yet refined look that's perfect for the FROW.' Julia, Juliafashionista.com



For more looks,
check out
'Your Street Style' on...



Lookmagazine

Print Power

'Sixteen-hour days aren't uncommon, so my Fashion Week go-to is always a bucket bag to stash all my NYFW essentials. These include a portable phone charger, a snack for in between shows and a pair of statement sunglasses.'

Kristi, Currentlycrushing.com



White Out

'For me, New York Fashion Week means busy, busy, busy! The outfits I tend to go for are simple and laid-back, but smart enough for drinks or a post-show party. Nothing beats luxury loungewear like this slouchy white suit from my label Style Stalker.' Sue-Ann, Stylestalker.com



Easily Suede

'Suede is fast becoming a fave among the fashion pack, so I'll be sporting it FROW-side this season in a long-line teal waistcoat. Lace-up flats adds yet another AW15 trend tick to my look.' Alyssa, Platinumandpenniless.com

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‘My Fitness Blog Was Hiding An Eating Disorder’

She's been victimised by her own blogging community and trolled online. Now, in her own words, fitness blogger Celia Learmonth, 21, exclusively tells *Look* the truth

It's been a tough few weeks for Celia Learmonth. Known better as the woman behind top blog, Londonfitnessguide.co.uk, Celia made headlines when she admitted that her seemingly perfect online life – which showcased her

clean eating and dedicated exercise regime – was actually hiding a worrying food and fitness addiction, and she didn't want to cover it up any more.

When the news broke, she was targeted by everyone from health professionals to fellow fitness bloggers, who said she was 'bad for their industry'. But now, in her first interview, Celia fights back and tells us why she's not the liar she's been made out to be...

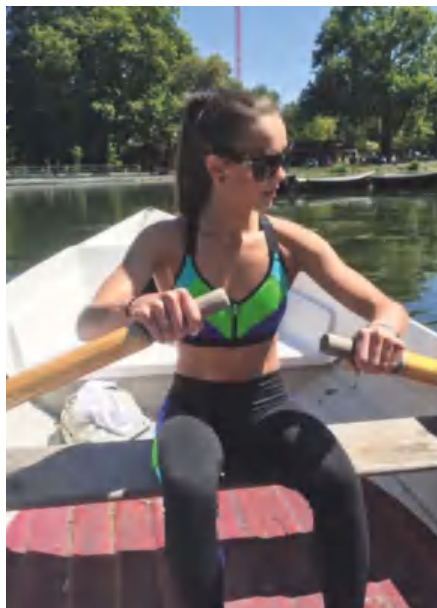
'I never had plans to be a blogger, let alone a fitness one. I started writing about what I eat and how I exercise as a simple online diary just for me, and me alone. I didn't know it would turn into something bigger, and I ran with it. But, unfortunately for the majority

“I was trying to better myself, but had to come clean”

of the time, I've been suffering silently.

Without wishing to label a condition, some people have called it an eating disorder, some an exercise addiction and others orthorexia (an obsession with extreme healthy eating), but I don't have a name for it – I just know that I felt like I had to come clean. I was only trying to better myself. I really believed that by blogging about clean eating, training regimes and sportswear, my feelings would catch up with my posts. I thought if I could play this role of the girl whose life was on track and who exuded positivity, perhaps eventually I would embody her. I didn't know then that the pressure of keeping up with it would lead





'When I became a fitness instructor at a local gym, I thought it would help me, and at first it did'



'For the first part of my journey, my blog helped me and I felt healthy and in control'

me into a downward spiral, more vicious than I could have ever predicted.

I've always had a bit of an obsession with food – something I've been open about. I was an overweight child and, despite being very sporty, I always felt like I looked different to other girls. In my early teens, though, what had just been a feeling became crippling anxiety. I'd restrict my diet, then binge eat. And in just two months, I remember going from a size 14 to an 8, which triggered major panic attacks. The stress affected my eating patterns and my weight began to increase again.

When I started my dream musical theatre course in London, I still felt like 'the big one'. That's when I began to work out *a lot*. I'd go to the gym every day for an hour and then do a spin class straight after. Whenever I could fit a class in, I would. At the same time, I'd begun posting pictures of my workouts and healthy food on my old Instagram account. I did it as a personal diary, but somehow by the end of 2013, it just took off and I set up my blog.

For the first part of my journey, my blog helped me. But after a turbulent family time, which meant I had to leave my course, all I had left was fitness. The trauma had caused my perception of my body to become distorted once again, and I was more focused on keeping fit than my social life, so I lost friends. I knew I had to get help, and by the start of 2014 I vowed to get healthier.

A company reached out to me and asked if I wanted to become a personal trainer with them, so I took them up on the offer. I started eating more healthily – eggs and avocado in the morning, a salad for lunch and a proper dinner. I began to post photos online of what I was eating, and people would comment and say lovely, encouraging things. But anxiety always creeps back. My family

'I would work out every day at the gym and then do a spinning class'



'I didn't think I could admit to my problems on my blog. I felt like people didn't want to see that side of me'

'I'd post pictures of what I ate online, but really I was restricting my diet, then binge eating'



issues remained and the stress intensified with time. Suddenly, I was back where I'd started; eating tiny portions, exercising too much and binge eating.

At this point, my blog was doing so well, I didn't think I could admit to my problems. I felt like people didn't want to see that side of me. But, eventually, I decided enough was enough. Saying "I'm suffering with an eating disorder" in an Instagram post was one of the hardest things I've ever done.

Since I did it a few weeks ago, I've had mixed responses. Some people say I'm brave, but I feel like I've been a coward. Several fitness bloggers have said it's bad for the industry and one lady said people like me are responsible for her daughter's anorexia. I feel awful; I thought I was doing the right thing, and I'm not the only one who's ever had those feelings, but I felt so alone.

Because I'm still technically a healthy weight, some doctors don't seem to be able to take my problem seriously. I've now given myself a temporary break from training. As for the blog? I'm trying to continue with it, but I'm going to document my struggle as much as I can. I've also started seeing a nutritionist. What I will say is that I'm just a 21-year-old woman trying to do the best I can, and with support I hope I can beat this.'

■ If you're experiencing similar issues to Celia's, talk to a health professional or contact B-eat.co.uk

Celia's Not Alone

She isn't the only blogger who's struggled with the pressure of being a health guru. In 2014, The Blonde Vegan (AKA Jordan Younger) admitted she was suffering from orthorexia, saying: 'I restricted myself from certain foods – even some that fell under the vegan umbrella – because they weren't 100 per cent clean or 100 per cent raw. I was following thousands of rules in my head that were making me sick.' The 23-year-old American, who has 120,000 Instagram followers, confessed that her job as a blogger ended up masking her illness. 'It made it hard for me to see that I had an eating disorder. If I wasn't so tied to the vegan identity I'd given myself, I'd have realised it a lot sooner,' she said. After getting help, Jordan recently rebranded as The Balanced Blonde.



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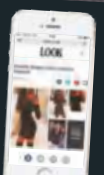
Michelle Keegan is the central figure, a woman with long, wavy brown hair, looking directly at the camera with a slight smile. She is wearing a black, sleeveless top with a high neckline and a large, intricate lace applique on the front. The top has a peplum-style skirt at the waist. She is also wearing dark, textured trousers. The background is a modern interior with large, reflective copper-colored spheres hanging from the ceiling.

Top, £42
Trousers, £35
both **Lipsy Love**
Michelle Keegan

“Having
a laugh with
each other is
key to a happy
marriage”

See More Online

Tap here for Michelle's gorgeous
fashion file at Look.co.uk/michellek



Michelle

'We Hit A Bump After The Honeymoon'

She's had the dream wedding, the perfect honeymoon, a sell-out fashion range and a film career that's just taking off, but Michelle Keegan, 28, is still ready for more

There's something about Michelle Keegan that makes you want to be her friend. Make that BFF. As well as spending time with her girlfriends, she

loves a glam night out as much as an evening in eating cheese in front of the TV. A girl after our own heart.

But the Mancunian does have a few things we don't. An amazing fashion line with Lipsy, for starters – her elegant A/W range is her tenth for the brand – as well as the 'Sexiest Woman of the Year' title. Not that she's keen to take credit for that: 'Sometimes, I'm like, have people *actually* seen me?' she quips.

It's been a busy year for the jet-set actress. In May, she married boyfriend of three years, TV presenter Mark Wright, 28, in a stunning fairytale wedding, but she also partied her way around the Maldives and Dubai for her honeymoon. Then there was a little matter of working on a new film, plus she's just back from a work trip to LA, where she and Mark were scouting for Hollywood agents. But is she tired? Er, no.

While in Ibiza for a break with Mark and their friends, we arrange to catch up with Michelle to talk about her new Lipsy Love Michelle Keegan range,

but after waiting nearly six hours, we aren't sure the interview is going ahead. When we finally speak, we discover that it's not because she's been drinking too much champers – no instead, she just left her phone on charge in the hotel room all day. It's lucky we like her so much, eh?

Last time we spoke, you told us Jessica Alba was your body icon. Have you kept up with your intense pre-wedding gym routine?

No! I wish I had. I go when I can, but I'm not as strict. If I can't be bothered, I don't feel bad about it.

Are you rigid about what you eat?

Food is my vice. I absolutely love it. I just try and eat healthily if I've had a bad stint – especially if I've had chips, bread and pasta.

It's good to know you are quite relaxed about it. Do you ever try and sabotage Mark's diet?

If I'm eating something bad, I'll try and get him to eat it too, so I feel better about it. He did a shoot this week where he had to take his top off so he was trying to be good, but he can't resist.

As Britain's Sexiest Woman, do you feel under pressure to stay in shape?

Not really. My body hasn't changed that much in the past few years. It's very flattering. It's just hard to believe it.

Cheryl [Fernandez-Versini] has spoken about 'skinny-shaming'. Is that something you've had to deal with?

Oh yeah. I think it's no one else's business. I feel quite strongly about that. You shouldn't be scrutinised over how skinny you are. It's a form of bullying. Women have enough things to worry about. Can't we all just stick together? It's so negative. No matter



Michelle and new husband Mark pose up a storm in Ibiza

Michelle Keegan Interview

what, everyone's human and those comments can really get to you.

But do they really still get to you?

Now, it's like water off a duck's back. But two years ago, I would have been affected by it. Now, I'm actually used to negative comments. I realise there's more going on in the world.

We bet Mark is supportive. Is that the secret to a happy relationship?

Just have a laugh with each other. Plus, we always have a date night once a week. That's the key, being best friends and having a laugh.

It's been four months since your wedding. If you could do it all over again, would you change anything?

No. Well, it rained for an hour and if I could change that, I would, but even then, the whole day was amazing.

“I've always said I wanted four kids – but we're in no rush yet”

Do you have a video of the wedding?

It's still not done, but we have seen a little bit of it. It's really, really good. We'll watch it first then we might have a viewing party with our family.

Does it feel different being Mrs Wright?

I do feel more settled. I don't know why, but I feel like more of a team. You become your own little family.

Would you like a big family?

Yes. My mum and Mark's mum keep asking when I am going to have a baby. After the wedding, it's the next question, but we've not thought about it much. I've always said I wanted four kids. But reality's set in – I couldn't deal with four! I've seen it [first hand] and it's hard work. We're in no rush yet.

What have you done with your wedding dress?

It's just in the spare room. I feel really bad because I haven't even had it dry-cleaned. [The wedding] feels like a lifetime ago. When we got back from our honeymoon, I had the blues. It was all over, I had nothing to plan!

And everyone was back at work, so there was a bit of a bump after our wedding. It was like: 'Is that it?'

Did you try and organise something else to get over it?

We planned our trip to America. We got back last week and it was really nice.

Now I've got the blues again!

We saw you both looking very loved-up. How was LA?

It was amazing. It was the first time I'd been to America. We were both having meetings with agents and managers, and I absolutely loved it. Bumping into [famous] people is a normal thing there. We went into one restaurant and Sylvester Stallone walked in.

Are we going to see a *Keeping Up With The Wrights* TV show anytime soon?

That rumour has gone round a few times. I wouldn't do a show like that. I think people would realise how boring we actually are.

We don't believe that! But would you consider a move Stateside?

We're both so family orientated, I don't think I could move that far away from them and my friends. Mark's the same. If the right opportunity came up to work out there, I would love to go out there for a couple of months. But we haven't got any plans to do that yet.

We heard a rumour that you were going to meet up with Calvin Harris...

Mark met Calvin at The Brits and they swapped numbers. Calvin said: 'When you're over in America, let me know.'

So no double dates with Taylor then?

Ooh, I'd love that. I love Taylor Swift. She seems like a really nice girl. She seems really normal.

If you did go out on a double date, which Lipsy dress would you wear?

I like the long maxi and the dresses with the lace panels that contour the body. Women want to feel sexy, but not too exposed. I wouldn't put anything in the collection that I wouldn't wear myself. That's why you won't see anything that's too short or low cut.

It must give you a real boost that women love your designs...

It never gets old – from seeing a look on paper to spotting someone wearing it. I get so excited.

What else have you got coming up?

I'm starting a new job very soon, but I can't say too much about it. Since the wedding, it's been quiet for me, so I'm excited about getting on set. We've had such a good summer, but there'll be no more holidays for now – it's time for the hard work to begin!

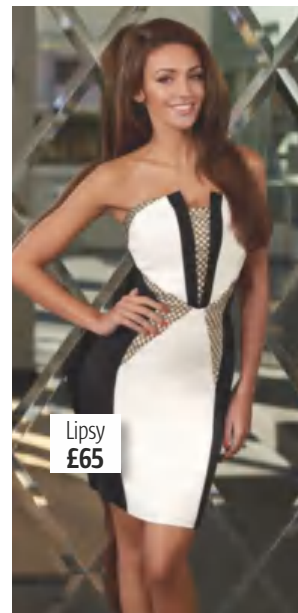
■ *The A/W Lipsy Love Michelle Keegan collection launches on 10 September; available from Lipsy.co.uk and all Lipsy stores*

Michelle's Glam Guide For Autumn/Winter

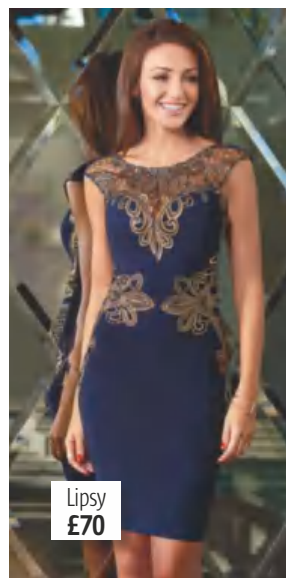
Just some of her fabulous new collection



Lipsy
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Lipsy
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Lipsy
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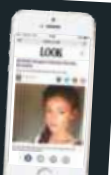


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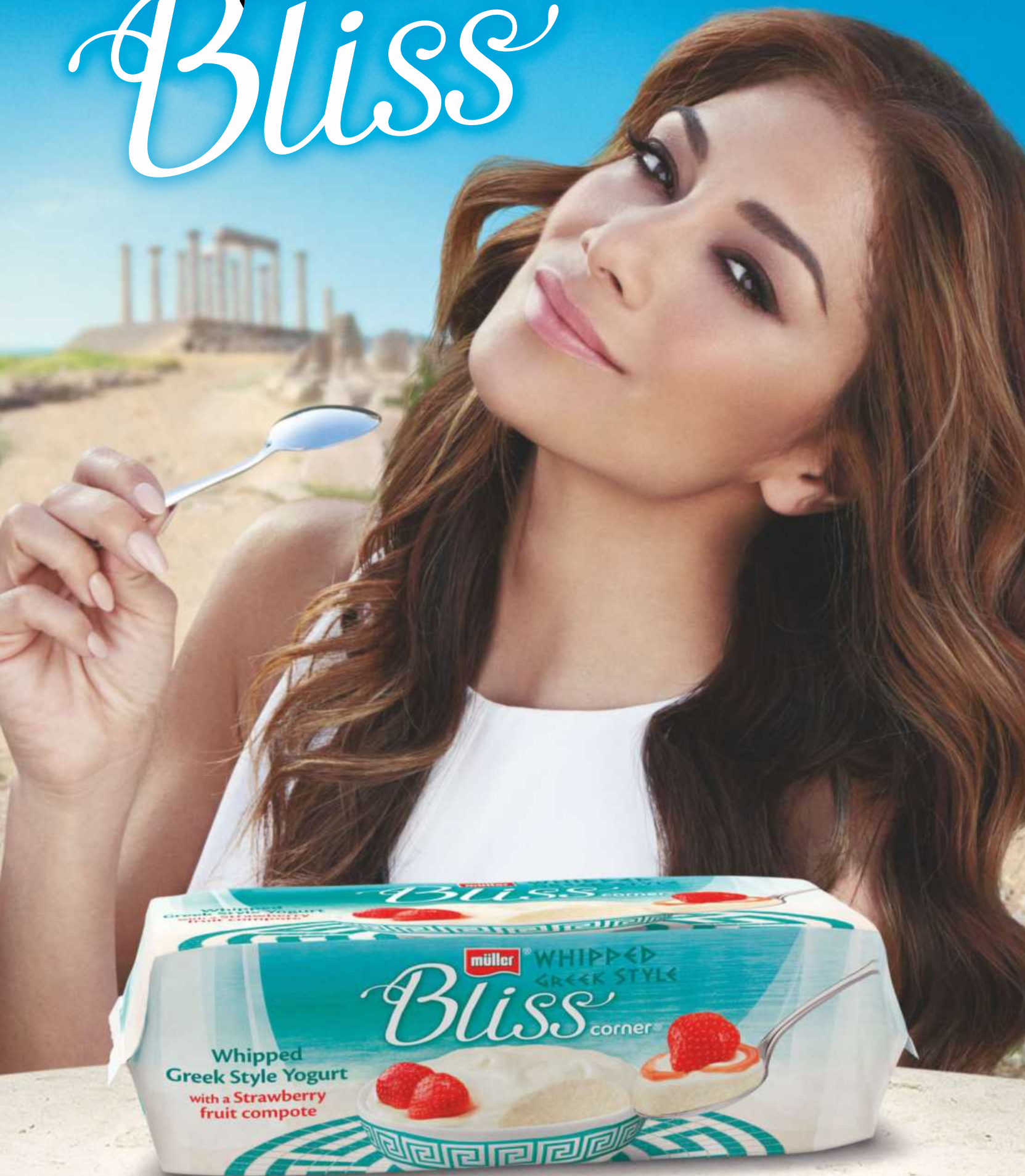


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THE FASHION DROP

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Shop our edit of the best new pieces every day at Look.co.uk/thefashiondrop



Jeans
£29.99



Shoes
£39.99

Embrace a statement flare for a quirky 70s vibe. Add some metallic platforms for extra height

Shirt, £49.99
Trousers, £49.99
Shoes, £29.99
Necklace, £9.99
all **H&M**



WHEN I DIDN'T
NEED TO WAIT
FOR THE SALE
THIS SEASON.

#MyLittleBigVictory

Find the look you love at a price that's right for you.
Visit eBay.co.uk



Coats selling for
£23.73



Dresses selling for
£10.79



Shoes selling for
£16.84



Bags selling for
£22.71

eBay[™]

Prices and items shown are indicative of the corresponding category and are subject to change. Inventory is managed by third parties. Prices shown have been calculated by taking the mean average selling price of all items sold within the corresponding category during the period of 1 January 2015 to 31 July 2015, including all used, new and refurbished items and all selling formats. This does not include postage and packing fees.

Phase Eight

Dresses are perfect for going from work to play. Choose vibrant prints and interesting shapes



Top
£59



Dress
£79



Dress
£95



Monochrome is timeless, plus you could match any colour palette with these shorts for a fresh look. Opt for pleats and gathering for a flattering fit

Sweater, £95
Shorts, £95
Bag, £160
all **Reiss**

Reiss



Bracelet
£40



Bag
£135



Coat
£350



Top
£75

Marks & Spencer

Try this wool-mix two-piece with a boxy top and black patent heels. Dress it up with sequins at night



Blouse
£39.50

Skirt
£49.50

Shoes
£59

Hat
£25



Jacket, £59
Shirt (just seen),
£39.50
Skirt, £35
all Marks & Spencer

THE **FASHION**DROP

Love M&S?

Shop our edit of the best
new pieces every day at
Look.co.uk/the-fashiondrop



Dress, £29.99
Blouse, £29.99
both **Zara**

Zara

Look for 60s-style shift dresses that you can layer over a shirt or knit



Sunglasses
£15.99

THE **FASHION**DROP

Love Zara?

Shop our edit of the best
new pieces every day at
Look.co.uk/the-fashiondrop



Culottes
£25.99



Dress
£39.99

In Store
This Week!

New Look



Scarf
£7.99



Boots
£44.99



Dress
£27.99

THE FASHION DROP

Love New Look?

Shop our edit of the best
new pieces every day at
Look.co.uk/thefashiondrop



Bag
£12.99



Skirt
£49.99

Camel is going to be huge for autumn. This waistcoat suits most skin tones and will really pop against a coral or red

Jacket, £34.99
T-shirt, £34.99
Skirt, £14.99
Bag, £24.99
all **New Look**







It's A *RETRO THING*

Past decades come alive with mix-and-match retro prints inspired by fashion's yesteryears. Checks, stripes, geo and psychedelic florals are just a few we can't wait to get our hands on...

PHOTOGRAPHY: SYLVESTER WANG FASHION: LUCIE CLIFFORD

Coat, £85; dress,
£75, both **ASOS**
Hat, £29.99, **H&M**
Gloves, £25,
River Island



Dress, £22.99; top,
£17.99, both **New Look**
Sweater, £12, **Next**
Boots, £115, **Topshop**

Jacket, £55;
top, £25, both
River Island
Trousers,
£42, **Topshop**
Sunglasses, £190,
Miu Miu at
Sunglasses Shop



Jacket, £65, **Topshop**
Top, £89, **Ted Baker**
Skirt, £40, **ASOS**





Blouse, £63,
Enza Costa at
Theoutnet.com
Skirt, £30; boots,
£70, both
River Island
Bag, £35,
Louche at Joy

Top, £24,
Dorothy Perkins
Trousers, £223,
Issa at Theoutnet.com
Shoes, £68, **Topshop**
Sunglasses, £25,
Quay Australia at Joy





Dress, £29.99,
H&M
Boots, £34.99,
New Look
Shawl, £22,
Very.co.uk

Jacket, £55,
Topshop
Sweater, £35,
River Island
Skirt, £246,
Uzma Bozai



HAIR: JAY ZHANG USING DIVA HAIR STYLING MAKE-UP: AFTON RADOJICIC AT STELLA CREATIVE USING KIEHL'S MODEL: CHARLOTTE PALLISTER AT MODELS 1
FASHION INTERN: GRACE KENNY PHOTOGRAPHER'S ASSISTANTS: HARRY SERJEANT, JACK SYMES FOR STOCKISTS GO TO LOOK.CO.UK/STOCKISTS



Coat, £85, **ASOS**
Sweater, £42,
Urban Outfitters
Top, £20, **Miss Selfridge**
Trousers, £42, **Topshop**



Burnt Colour Palette

Go ladylike chic in deep orange, maroon and navy tones for a sophisticated feel. Pussy-bow blouses are timeless, and will look great with a tailored skirt. Wear with tights or socks in similar colours and some flat brogues for a more preppy look.

Blouse, £18
Skirt, £16
Shoes, £18
all **Tu at Sainsbury's**

Hitchcock MUST-HAVES

Think 50s siren meets modern-day tailoring for a vintage-inspired take on day to night dressing

Autumnal Textures

Keep your outfit streamlined and fitted for the office, but introduce oversized shapes as outerwear for a cool contrast. Look for bold prints in the same colourway to really make a statement. This cocoon coat will look great belted for a slimline look, or wear loose and open over some jeans and a white shirt for the weekend.

Coat, £40
Cardigan, £14
Skirt, £16
Shoes, £20
all **Tu** at **Sainsbury's**



The Big Coat Edit Is In

We've found the very best of the new-season cover-ups to put a smile on your face. They're waiting to transform your wardrobe...



Bonprix
£99.99



Very.co.uk
£75



Hobbs
£189



Topshop
£195

ERMANNO SCERVINO



JOIN THE COBALT CLUB

- It's official – cobalt is here to stay. These blue coats appeared on just about every catwalk for AW15, including DKNY and Ermanno Scervino, cementing the shade's must-have status.
- The good news is that it's a suits-all colour, and is bright enough to perk up all your staple winter neutrals.
- Ideal for colour blocking, wear with tailored pieces in primary shades.

CULT LEOPARD PRINT

A few seasons ago, you couldn't move for leopard-print coats, and now they're back with a bang in every incarnation imaginable.

1 From fuzzy textures to collarless styles, whichever one you choose, you can't go wrong. Marks & Spencer is leading the charge with traditional prints, as well as the orange coat that's

already been Instagrammed by virtually every fashion editor.

3 For double impact, dare to wear your leopard-print coat with a matching heel. Fierce with a capital F.



Coat, £60, **Vero Moda**
Sweater, £190, **Boss Orange**
Trousers, £55, **Label Lab**
Bag, £145, **Love Moschino**
all at **House of Fraser**



Autograph
at Marks
& Spencer
£129



Per Una Speciale at
Marks & Spencer
£149

Vintage Furry Collars

○ Altuzarra and Michael Kors were just two of the designers showing off glamorous furry collars with a distinct vintage vibe.

○ They're perfect if you don't want to go for all-over faux fur. Choose from picnic checks, edgy zips and sugary shades.

○ Oasis's bold beauty echoes the catwalk trend for checks. Team with black lace for after-dark appeal.

No need for a scarf with this jumbo collar



Oasis
£95



Coast
£225



River Island
£85

Diet Coke

limited edition by
J.W.ANDERSON

Diet Coke is a trade mark of The Coca-Cola Company



exclusively available at
HARVEY NICHOLS

#DietCokeJWA

COULD-BE-CATWALK 'IT' BUYS

BURBERRY'S FOLK FRINGING

Not a season goes by without Burberry's outerwear being top of the fashion editors' wish lists, and AW15's fringed capes were no exception. Recreate the look with Mango's glossy offering.



BURBERRY

CHRISTOPHER RAEURN'S DUFFLE

Along with Christopher Raeburn, Tommy Hilfiger championed the classic duffle. Bright shades are a must, and try teaming with unexpected chiffon for a catwalk-inspired combo.



CHRISTOPHER RAEURN

CALVIN KLEIN'S 60s STYLE

With its shiny, vinyl finish and cool mod-style fit, Topshop's double-breasted coat is a dead ringer for Calvin Klein's. Wear with knee-high boots to really tap into the 60s trend.



CALVIN KLEIN



Rosie Fortescue



Mango
£89.99



Simply Be
£59



Topshop
£95

XL Lapels

In contrasting or classic colours, think the bigger, the better when it comes to your coat's collars. Copy Rosie and opt for camel, or look to Missy Empire for a bargainous buy.



Missy Empire
£32



Warehouse
£95



Darling
£139



Hobbs
£299

IMPRESS IN ORNATE EMBROIDERY

○ For a glam statement, look to these decorative coats.
○ Not just for evening, these beauties will refresh your basic daytime outfits, too.
○ Thanks to luxe fabrics and delicate designs, they're an investment, but have real 'buy now, wear forever' appeal.



Bonprix
£69.99



HERMÈS

Go Crazy For Quilting

As seen at Max Mara and Hermès, quilted coats are well and truly on the style menu for this season. Banish any notions of those 90s puffa jackets (we've all been there) and instead embrace the new brand of chic. Fitted shapes and bold hues will make sure you look as though you've walked right off the runway.



Next
£60



Marks & Spencer
£65



Boden
£89



PIMPED-UP PARKA HOODS

No outerwear wardrobe is complete without a trusty parka – only for AW15 it's all about a stand-out furry hood. From pastel pink to berry red, an unexpected shade ups the ante of classic khaki. Look to high-street hotspots like Urban Outfitters (which has collaborated with Parka London) and Hush, whose colourful creation sold out last year.



Hush
£170



Missguided.
co.uk
£35



Urban Outfitters
X Parka London
£265

THE SUEDE INVASION



Missguided.
co.uk
£40



Dorothy
Perkins
£99



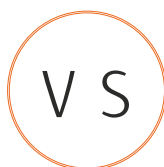
Mango
£89.99

◀ BRIGHT BIKERS

If you're looking to refresh your biker, opt for a suede jacket with a splash of colour. Sunny yellow, moss green, candyfloss pink... there's a whole rainbow to choose from. Wear every day with black jeans and a clashing bag, or layer over a slip dress for after hours.



New Look
£99.99



TRENCH ▶

Even your cover-ups aren't safe from 70s mania, as trench coats have been revamped in the retro fabric of the moment. A street-style favourite, they're made to be worn with denim and other suede separates.



Autograph
at Marks
& Spencer
£299



Shearling Superstars

Forget Del Boy, these jackets have become synonymous with chic thanks to stylistas like Chiara Ferragni. Look for oversized styles, and throw over a tee and jeans for a new weekend look. Super snuggly *and* cool? What's not to like?



New Look
£54.99



F&F
£39



Flaunt A Funnel Neck

○ High necks are dominating the new collections, and they're anything but prim and proper.

○ Super flattering, this detail not only looks chic, but it'll also keep you extra warm, too.

○ Try with a pair of wide-legged trousers for a streamlined look.



Peregrine
clothing.co.uk
£289



Per Una at Marks
& Spencer
£99

RIVER ISLAND'S FAUX-FUR SHOWSTOPPERS



£90

For the ultimate winter warmer, look no further than River Island, whose outerwear range is totally on the money right now. From multicoloured gilets to floor-sweepers and shaggy, cropped jackets, the high-street label is your one-stop shop for all things furry. Candy-coloured hues, super stripes – there really is something for everyone. They're guaranteed to make heads turn wherever you go.



£90



£60



£100



£120

Pin a brooch to the lapel for Hollywood glamour

Make It Maxi

We fell hard for the catwalk's ankle-grazers, and thankfully the high street has followed suit.

Wear with flowing maxis to create an elongated silhouette.



Neon Rose
£80



Coast
£200

'FOR ME, SUMMER'S ALL ABOUT OUTDOOR WORKOUTS'



Fashion News Editor Gemma Gow loves to exercise in the fresh air...



'When the sun comes out, it means it's time for me to hit my local park, because there's nothing better than an outdoor workout. During the summer, I swap my morning gym session for a jog, or I'll head to a lido for a swim – it's the best wake-up call ever.

I've also just bought a new bike, so at weekends you'll probably find me on long rides with my husband, as we both like to keep fit.

When it comes to catching up with friends, there's no reason why we can't be active. A group of us will sometimes do our own bootcamp, but I'm also the first one to organise a game of rounders. What can I say, I'm pretty competitive!

MY FITNESS ESSENTIALS

1 Sports bag

Not just a convenient accessory, it's also this season's biggest fashion trend, so you can look super chic while keeping all your kit in one place.



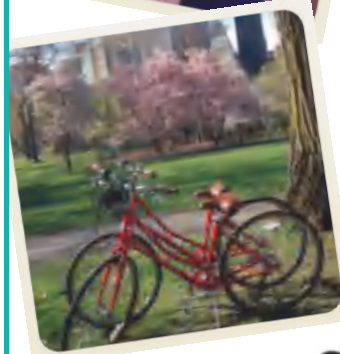
2 Yoga mat

Roll it out and use as a warm-up mat for yoga, or lie on it when you're sunbathing.



3 Trainers

Improve your performance with a smart pair. Just because you're working out, doesn't mean you have to compromise on style.



WIN!

Fancy winning a course of spray tans worth £250? Go online to Look.co.uk/starbucks to enter.

Head outdoors and enjoy a Starbucks Mango Passion Fruit Yoghurt Frappuccino al fresco this summer



STARBUCKS®

UK'S BEST OUTDOOR POOLS

● **Tooting Bec Lido, London:** This huge 90m pool is the second largest in the UK, so it's a great place to visit with a group of mates.

● **Stonehaven Open Air Pool, Aberdeen:** During summer this Art-Deco style, heated pool stays open until midnight on Wednesday nights.

● **Nantwich Outdoor Brine Pool, Cheshire:** This brine-filled pool is not only a great place for a swim, but the salt in the water is good for your joints, too.

● **Bude Sea Pool, Cornwall:** This is as close as you can get to swimming in the sea without actually being in it, as it sits right on the coast.

Give Your Wardrobe Clas

Autumn may not be that far away, but don't stash your summer



Logo Loco

If a trophy jumper isn't already a staple in your wardrobe, it's time to invest. This autumn, wear your logo sweatshirt or embellished knit with an on-trend front-slit skirt; it's the fash pack's fave new power pairing.



DIY Style

As seen at Dior, Anya Hindmarch and Pucci, the catwalks were exploding with arty prints and graphic patterns. Tap into the trend with paint-stroke jeans or customise old accessories with DIY stickers, patches and badges.

sics A New-Season Spin

staples just yet. Here's how you can reinvent them...



Knitty Gritty

Desperate for a new-season knitwear fix? Thank the fashion gods long-sleeved knitted tees like this stripy Warehouse number exist – perfect for adding a trans-seasonal twist to a jumpsuit or shift dress.



Mini Me

We were thrilled to hear retro miniskirts are still in for autumn. Opt for one in a heavy-duty fabric, such as corduroy or suede, and team with a lace Victorian shirt or 70s printed polo neck for yet more AW15 trend ticks.

NEW IN PHARMACY



SEX HASN'T CHANGED

**But your choice of
morning-after pill has**

ellaOne®
30 mg tablet / ulipristal acetate

effective when it matters most

**The most effective morning-after
pill. Works by delaying ovulation.
Now available in pharmacies.**



ellaOne is an emergency contraceptive pill. Take one tablet as soon as possible after unprotected sex or contraceptive failure. Always read the label UK/ELLA/0415/0046

Easily Suede

While a suede waistcoat may have been on your festival wish list this summer, fashion's fave fabric is back for autumn in the form of shorts, skirts, pinafores and dungarees. Simply style with a staple jersey and you're good to go.



● When winter kicks in, thigh-high boots will take this look to the next level



● If you're in need of some extra warmth, layer over a bright blanket cape

Tailor Made

When it comes to tailoring, go bold or go home. Long-line duster coats and oversized shirts paired with printed cigarette pants or colourful culottes are an effective yet easy way to make a statement next season.



Monsoon
£79

H&M
£29.99

Zara
£79.99

Mango
£49.99

Aldo
£100

● Channel AW15 Isabel Marant and team this blouse with floral tapered trousers

Boho Blouse

Remember that peasant blouse you lived in throughout your summer holiday? Thanks to autumn's new boho-folk trend, it'll work for next season too; just wear with leather, suede, fringed or embroidered pieces.

Khaki Army

Don't pack away your summer khaki pieces, as the modern military trend is back for autumn. Think oversized pockets, double-breasted buttons and structured shapes, and work with sophisticated heels or sparkly flats.



Quay
£25

New Look
£6.99

Dorothy Perkins
£38

Zara
£25.99

Paul's Boutique
£48

Zara
£39.99

● Layer this khaki jacket over a denim jumpsuit for a double dose of utility chic

Zara
£79.99

Don't Miss It!
10 September 2015

LOOK Promotion

You're Invited To A Shopping Event With *Look* & American Eagle Outfitters

We've teamed up with American Eagle Outfitters to host an exclusive shopping event with a live performance by singer/songwriter Nina Nesbitt

Shopping, exclusive discounts, expert styling advice from the *Look* fashion team and amazing music – doesn't that sound like the perfect night? We thought so, and you're invited!

Just pop down to American Eagle Outfitters' Westfield Stratford store, where you'll be able to shop the latest collection with an exclusive 20 per cent discount (valid 10 September only) and get one-on-one advice from *Look*'s very own fashion experts.

American Eagle Outfitters is America's favourite jeans brand, with everything from flared to boyfriend styles, so you can shop till you drop. See you there!



THE DETAILS



What?

A 20 per cent discount on the night, live music, style consultations, prizes and so much more!

Who?

A performance from singer Nina Nesbitt, plus amazing style advice from the *Look* fashion team.

Where?

American Eagle Outfitters at Westfield Stratford in London.

When?

Thursday 10 September 2015, from 6-9pm.

RSVP on Facebook,
American Eagle
Outfitters UK



Win A £500 American Eagle Outfitters Shopping Spree!

Visit aeo.co.uk for your chance to win



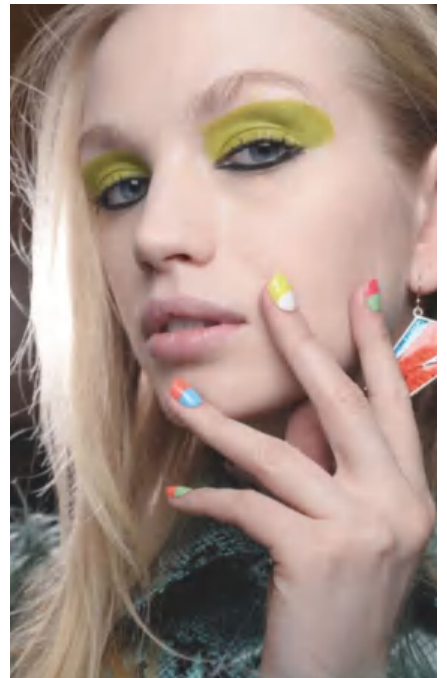
Follow @AmericanEagleUK



AMERICAN EAGLE
OUTFITTERS
aeo.co.uk

TAKE YOUR HAIR TO PARADISE





AUTUMN'S COOLEST BEAUTY TRENDS



From the all-new fashion tans to the latest two-minute nail art, get set for your most gorgeous September yet! ➡





CHALAYAN



PHILOSOPHY

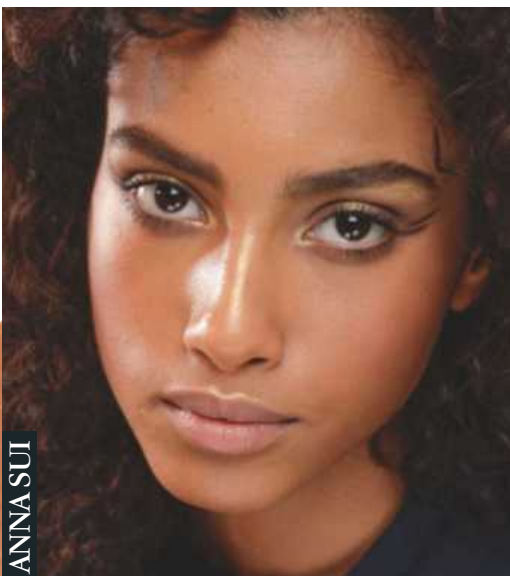
THE NAKED TAN
 Never worn bronzer?
 Guerlain Terracotta
 Joli Teint Natural
 Healthy Glow Powder
 Duo, £35.50, will
 brighten no matter
 how fair you are.

THE LUNATAN
 Out-of-this-world
 skin? Yes! The
 models at
 Philosophy were
 almost dream-like.
 Use the centre of
 Kiko Cosmetics
 Perfecting Bronzer
 in Medium To Dark,
 £12.90, along
 cheekbones.

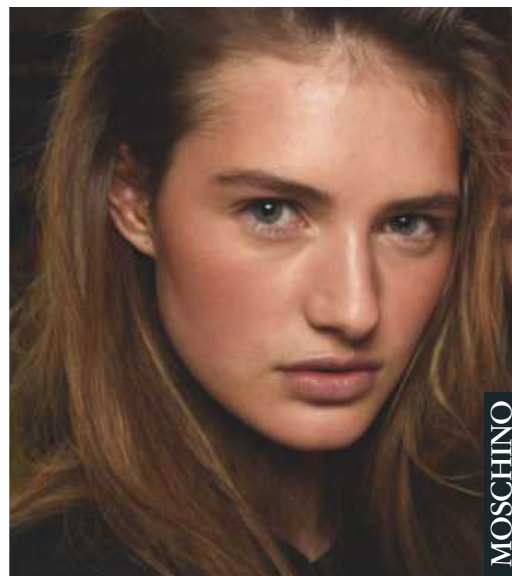
4 New Tan Tones

Don't let peaky skin get the better of you this September. It's time to turn up the tan factor, as seen *all* over the catwalk. Which bronze will you convert to?

THE GOLDEN SHIMMER
 Looking for a pick-me-up? You need a golden shimmer, à la Anna Sui. New Look Pure Colour Baked Bronzer, £6.99, will instantly lift greyskin.



ANNA SUI



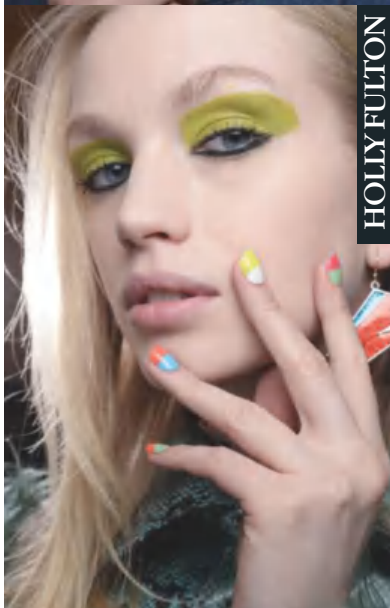
MOSCHINO

THE AIRBRUSHED FINISH
 Tans at Moschino were so perfect, they almost looked airbrushed. Make Up For Ever Pro Bronze Fusion, £28, is made with micro-fine pigments so you're HD-ready at all times.

AUJOUR LE JOUR



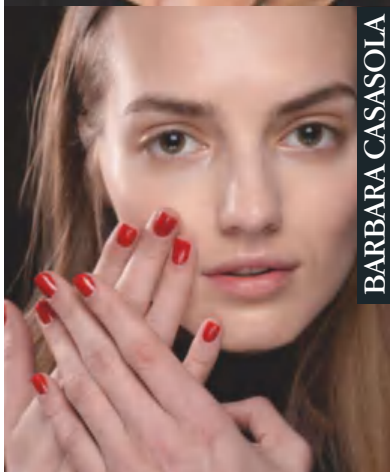
HOLLY FULTON



JEREMY SCOTT



BARBARA CASASOLA



Crayon Cool Nails

Thought autumn was all brown, plum and nude? Think again! Jump on the colourful crayon bandwagon and switch to pastel pinks, lime greens and bold white, as seen at Au Jour Le Jour, Holly Fulton and more.

Nailberry L'Oxygene
Oxygenated Nail
Lacquer in Flocon
£14.50

Essie Nail
Lacquer in
Vices Versa
£8.95

NYC Shine In A Minute
60 Second Dry Nail
Polish in NY Taxi
£1.79

Leighton Denny
Nail Colour
in Viva La Diva
£11

Rimmel 60 Seconds
Super Shine Nail Polish
in Double Decker Red
£2.99

Leighton Denny
Nail Colour in
Plush Pink
£11

Maybelline Color
Show Rebel
Bouquet Nail Polish
£3.99

Accessorize
Nail Polish in
Deep Sea
£5

More over the page ➡➡

Aubergine Power Pouts

Brunette
Berry pinks are best – they'll look more glam than goth so you can even wear them during the day.

Have you got a dark side? This season, it's bound to come out. Gothic, berry lips were huge at Carolina Herrera, Ashley Williams and Giles. Here's how to find your perfect blackout shade to match your hair colour.



Blonde
Look for lipsticks with a deep plum undertone – they will make your hair colour appear warmer for winter.



Red
It will look the most dramatic, but blackberry shades (that are more black than berry) will make auburn hair seem shinier, and porcelain skin pop.



Black
Dirty-pink shades will add a gorge colour pop and contrast with your darker locks. Go matte to avoid looking too girlie.

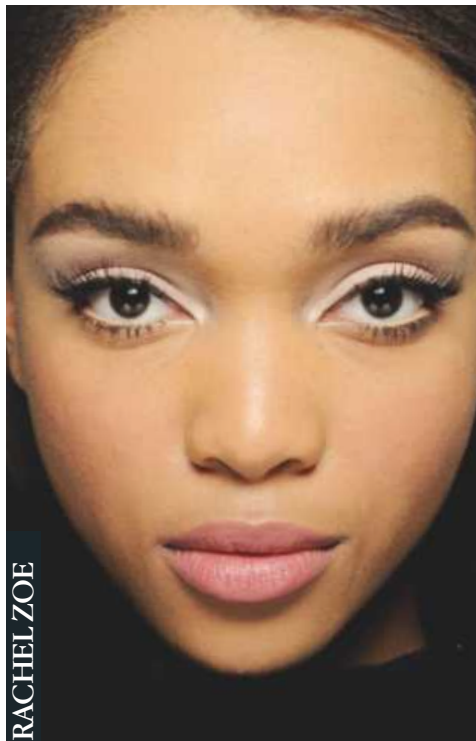
1 Max Factor Lipfinity Long Lasting Lipstick in So Luxuriant, £8.99 **2** Rimmel London Lasting Finish Lipstick by Kate in Rosetto, £4.99 **3** Avon Lipstick in Purple Hyacinth, £10.50 **4** Burberry Lip Velvet in Oxblood, £23 **5** Max Factor Colour Intensifying Balm in Classy Cherry, £7.99 **6** Urban Decay Matte Revolution Lipstick in Blackmail, £15

Eye Looks We

Update your autumn eye look with these three genius new trends



DAKS



RACHEL ZOE



CHRISTIAN SIRIANO

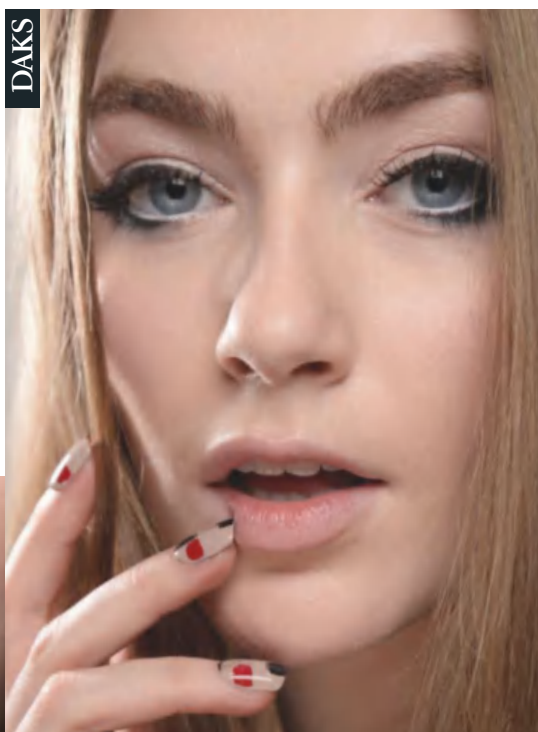
1 The Double Flick
Two flicks are better than one! Extend your upper liner flick *and* your bottom, so they sit parallel at the outer corners. Try Max Factor Masterpiece High Precision Liquid Eyeliner, £7.99.

2 Barbie Lashes
Perfection is an absolute must when creating the biggest lash trend of the season. Get the look by applying delicate falsies like Eylure Vegas Nay Lashes in Classic Charm, £5.95.

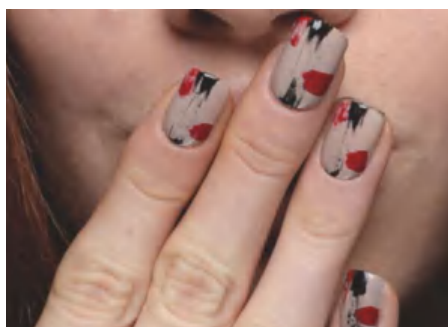
3 Yellow Gold Accents
Yellow gold is the ultimate backstage trick to looking wide awake. Illamasqua Pure Pigment in Furore, £17, looks effortless popped in the inner corners. It suits all skin tones, too.

2-Min Nail Art: Dry Brushing

When there isn't time for detailed nail art, take note of this trend from the catwalk. It was used at Daks and we're obsessed! Simply wipe the brush of your nail polish so it's almost bone dry, then swipe the remaining polish over a nude base.



DAKS



Barry M Nail
Paint in Black
£2.99

Butter London
Patent Shine Nail
Lacquer in Ta Ta!
£15

Sally Hansen
Complete Salon
Manicure in All
Fired Up
£6.99

More over the page ➡

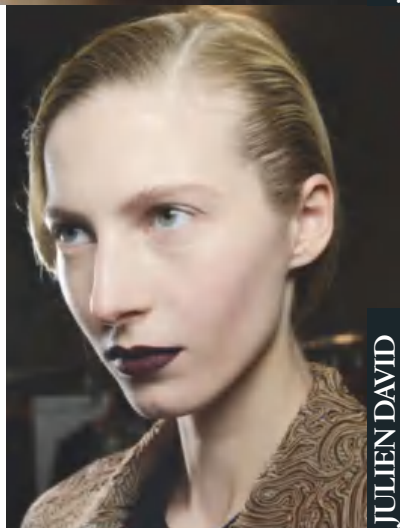
Gorgeous Hair Trends For Every Length



JULIEN DAVID

Slicked Sides

We're taking inspo from Julien David for this look. Side-part hair, then slick back the smaller side with Redken Styling Velvet Gelatine, £12.60. Comb in and tuck behind your ear.



JULIEN DAVID

Posh Ponytails

Swooping your hair back into a ponytail just got cool again, as seen at Dior, Hervé Léger and Prada. Invest in Bosch Style To Go Compact Straighteners, £23.99, to perfect your pony.



PRADA



DIOR

DIOR

HERVE LEGER

Under-£5 Accessory Updates



Fat Black Headbands at Chanel

Forever 21
£2.99

Get the Chanel look on the high street with this almost identical headband from Forever 21.



Feather Clips at Veronique Branquinho

Glitz 4 Girlz
£4.99

Pin back a fringe with feather clips, as seen at Veronique Branquinho. They don't have to cost a fortune – this Glitz 4 Girlz one is only £4.99.

NEW!

Compak Pearl

TAMPAX
COMPAK PEARL
ADAPTS
TO YOUR
UNIQUE
SHAPE
FOR LESS LEAKS

Outsmart Mother Nature
TAMPAX

**SAVE
1/3**



Our only compak that fits your shape
for our #1 in comfort and protection.**

NEW! TAMPAX
Compak PEARL



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LOOK Competition

Win A Shopping Spree At Lasula.co.uk!

Ten lucky readers will get the chance to splash the cash on hot, celeb-worthy fashion buys



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Shoes, £24
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Lasula.co.uk is home to the latest trendsetting fashion – and its ethos is: ‘Open your mind, free your spirit and share our lust for style.’

The in-house team combines quality cuts and beautiful finishes, all the while looking forward to the next key trend. Inspiration is sought everywhere, including the streets and runways of London, Paris, Milan and New York. And now, we’re giving away ten £150 vouchers, so you can inject some Lasula style into *your* wardrobe.

As if that weren’t enough, Lasula.co.uk is also offering *Look* readers a fabulous 25% off everything from playsuits and dresses to hats and heels. To claim your discount, simply enter the code LOOK25 at the checkout.

The Prize Includes

■ Ten winners will each receive a £150 voucher to spend at Lasula.co.uk.

Fearne Cotton is a regular team captain on *Celebrity Juice*, but who is the other team captain?
(a) Holly Willoughby (b) Emma Willis (c) Davina McCall

To enter, call our hotline* on
0905 230 3200

*Calls cost £1 per minute, plus your telephone company's network access charge. Calls last approx 2 mins.

Enter online for free

Simply visit Look.co.uk/competitions to enter this competition for free.

Or text... LOOKA

followed by a space, your answer and your full name, house number, postcode and email address to **87088** (UK). For example, text: LOOKA (answer) CHLOE JONES 14 NN1 1LL chloejones@example.co.uk. (Max. 160 character limit.) Texts cost £1.50 per text plus usual operator costs.

*Lines are open from 8 September 2015 until midnight on 22 September 2015. Please ensure you provide your full name and address details, as incomplete entries may be charged, but not entered. Entrants must be over 18. When you enter by text, you may in future get SMS marketing messages from Time Inc. (UK) Ltd and *Look* magazine. If you don't want to, please end your text with NO INFO. SP: Spoke Ltd 0333 202 3390. For normal Time Inc. (UK) Ltd competition rules, see comps.look.co.uk/rules.

TERMS AND CONDITIONS: The 25% discount code is valid until 22 September 2015. Discount valid only on full-price items. There are ten £150 prizes to be won. Winners will have four months after receiving them to spend vouchers. The prize money is not for use in conjunction with any offer and postage is not included.

LASULA

LOOK.co.uk For more fantastic competitions,
go to Look.co.uk/competitions



STOMACH VACUUMING

The New Way To Get Flat Abs

Forget crunches, this is the exercise that will get you a toned tummy, fast...



It's the hashtag that fitness bloggers, trainers and celebs are all going mad over – with videos devoted to the practice all over Instagram. But what exactly is #stomachvacuuming? Although it may *sound* like a cosmetic procedure, it's actually anything but. Stomach vacuuming is the fast-track fitness hack, derived from Pilates and yoga breathing principles, that helps to tone the inner abs (known to give you that hourglass shape). We spoke to Claire Finlay, founder and personal trainer at Pilates and boxing studio Transition Zone, to find out how to master it. Bring on the Michelle Keegan-esque tummy...

■ What Is It?

'The concept is to draw your belly button in for a period of time,' explains Claire. But, while it is essentially breathing in and out, it's vital you do this properly. 'If you imagine you're pulling your stomach in deep to put on a pair of trousers, it will help get your form right,' adds Claire.

eventually get to the stage where you're naturally pulling your belly button in towards your spine when you're just standing, leading to better posture which, in turn, makes you look slimmer. So no more slouching in morning meetings!

■ When Should I Do It?

'Once you've learnt the technique, you can do it in the car, at your desk or at home,' says Claire. 'It doesn't require the use of any equipment, so I often tell my clients to put little notes on their dashboard or kettle reminding them to do it when they're stuck in a traffic jam or making a cup of tea.' With enough practice, you'll

■ What Results Will I See?

'If you train these ab muscles regularly, they will pull your stomach inward, making it look flat, even in a relaxed state. And new mums, listen up! It's great to do after having a baby, as it also tightens the pelvic floor.' Practise three times a week to see a difference within a fortnight. We're doing it right this second...

How To Stomach Vacuum

- The basic form of the exercise is best done in a position where your body is curved forward. Try with your hands and knees on the floor, or from a standing position, slightly bent over with your hands on the table. However, once you get the technique right, it can be done in almost any position, including lying down.
- **Slowly inhale as much as possible for three to five seconds.**

Exhale through your mouth, drawing your stomach towards your spine as tight as possible. Try to visualise your navel touching your spine. Hold the contraction for a count of 20. Breathe normally while you hold the contraction.

- Repeat the exercise for five rounds, building up to ten once you get more used to it.

#Trending Now

#TV



'Oh, he thought I was interested? Well, this is awks...'

First Dates

Our guilty pleasure is back. Even love skeptics get hooked on this surprisingly sweet show, which films people on blind dates for the first time. Results, of course, have varied – from actual no-shows to blossoming romances. But we root for all (OK, most) of them.

■ *Thursday 10 September; Channel 4, 10pm*



We'd be ready to rock with wheels like that, too

Ballers

Love *Entourage*? You *have* to check out this comedy series from the producers of the hit HBO show. Dwayne Johnson, aka The Rock, is hilarious as retired footballer Spencer, reinventing himself as a financial manager. Not to be missed.

■ *Tuesday 8 September; Sky Atlantic, 10pm*

Best Telly Week Ever!

Fashion drama, hot new comedy and cult comebacks. Here are the TV shows you need to watch, now...



House of DVF

She's a 70s icon, Fashion Week favourite and TV star. Diane von Fürstenberg is back for a second season, mentoring a group of eight women, all competing to become a brand ambassador for the DVF label. The winner will work alongside Diane and get to style celebs, such as Olivia Palermo.

■ *Monday 14 September; E!, 8pm*

Work it, girls. Work. It



#books

Made

by Millie Mackintosh
(£8.99, Ebury Publishing)

The former *MIC* star has worked with top stylists, fitness trainers and foodies (including her BFF Madeleine Shaw). And now she's revealing all her industry secrets in her new book, from date outfits to working out at home. Watch out, Gwyneth – this girl's set to steal your lifestyle-guru crown!

■ *Out 10 September*

#music



Light Up The Dark

Gabrielle Aplin

We've been obsessed with Gabrielle Aplin ever since *that* rendition of *The Power Of Love* for John Lewis's Christmas campaign. And after her best-selling debut *English Rain* in 2013, she's back with a new sound and an edgier look, with the release of her follow-up album. You won't be able to get her bluesy rock track *Heavy Heart* out of your head for days.

■ *Out 18 September*



Doctor Who

The Time Lord returns to battle intergalactic enemies once more, and he's got his kick-ass companion, brilliantly played by Jenna Coleman, firmly by his side. We can't wait to see where the Tardis will take them this series. Woo woo, woooo!

■ **Saturday**
19 September;
BBC1

'With two hearts
you can run twice
as fast, Clara!'

Gogglebox

Will Steph and Dom still be drinking? Will June and Leon still be arguing? And will Scarlett be even *more* tanned? They're all back for a brand new series, reviewing the shows we love to hate. Best watched with a glass of vino in hand...

■ **Friday** 11 September;
Channel 4, 9pm



'Why aye man,
check out me
slippers!'



Bleached hair and
denim: Always
been a thing

This Is England '90

Nine years on from the drama that followed a group of troubled youths in the 80s, a new spin-off revisits them in 1990. Original cast members feature alongside newbies, including Joe Dempsie.

■ **Sunday** 13 September;
Channel 4, 9pm



#film

Everest (3D)

Jake Gyllenhaal plays the lead in this nail-biting disaster movie, which sees him take on the role of real-life New Zealand mountaineer Rob Hall, caught up in a severe snow storm on Mount Everest. An epic cinematic experience.

■ **Out** 18 September

'Guys, I think
I dropped my
phone somewhere
back there...'

LOOK

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Last Weekend:

Über party plans and
general madness

This Weekend:

No plans and time
to catch up with
your fave mag



Download previous
issues of **LOOK** now!

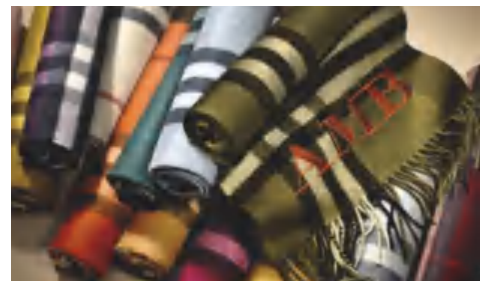
Here's to a relaxed
weekend vibe...





TAYLOR SUPERSIZES HER SQUAD

For this year's VMAs, Taylor shunned her plus one in favour of a plus eight, bringing her entire gang with her. From Karlie to Gigi, Swifty proved that no one can compete with her *Bad Blood* squad – no wonder they scooped the best video of the year gong.



BURBERRY OPEN A SCARF BAR

Once reserved for supermodels alone, now anyone can bag a monogrammed Burberry scarf thanks to their new online and in-store scarf bar. There are 30 scarf colours, loads of different fonts, 30 choices of thread colour and you can have up to three initials. At £330, it's a splurge, but at least no one else will have the same one!



Laura Whitmore

Topshop
£28

EVERYONE'S TALKING ABOUT THEIR LADY GARDENS...

Celebs donned Simeon Farrar's 'Lady Garden' tops in honour of the Gynaecological Cancer Fund's campaign to get women talking about their lady bits. With a third of ladies aged 18-25 too embarrassed to go to the doctor with these issues, it's all about getting them to address their 'lady gardens' to help catch gynaecological cancers early. Join in by answering the question 'What do you call yours?' #LadyGardenCampaign.

Poppy D

Cara.D



BIEBER CHANNELS BRAD

Biebs had a total comeback at the VMAs and a new hairstyle to boot. Looking uncannily like Brad Pitt circa 1997, the pop sensation went for a long, blonde side-fringe, which we kind of loved... New secret crush, anyone?

LOOK.co.uk Tap here to see loads more pics of Look.co.uk/hotmen

'Lashes THAT COULD JUST PUT THEMSELVES ON... lipstick

THAT DOESN'T MOVE, BUT
DOESN'T DRY YOUR LIPS
OUT, THAT YOU DON'T
NEED A LINER FOR'

The make-up dream according to Rihanna, who confirmed she's launching a beauty line this week.

LOOK.co.uk Are you a beauty addict? Tap here for our beauty Pinterest board!



HARRY POTTER LIPPIES ARE HERE

LA Splash Cosmetics has answered the prayers of Harry Potter fans everywhere by releasing a range of HP-inspired lippies. Whether you opt for a dark Bellatrix or a pink Hermione, there's a shade in there for every fan. Here's our top three. £9 each, Lasplashcosmetics.com

LOOK.co.uk For more of our fave lippies, tap here and see Look.co.uk/bestredlipstick



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